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Explosion at sewage plant injures one

ACCIDENT A Langdon man was sent to hospital after an explosion at the sewage treatment facility yesterday afternoon.

Calgary paramedics attended the facility at 500 block of Railway Avenue in Langdon around 3 p.m. and treated a 57-year-old man with second- and third-degree burns to his head, neck and hands.

The man was standing outside the building about 10 feet from the entrance, when the explosion blew through the doors, according to EMS.

EMS transported the patient to Foothills Hospital in serious but stable condition.

METRO CALGARY

Bluesfest **Local artist Sewell shows off his vocal chops**

ROBIN KUNISKI/FOR METRO CALGARY

Local blues artist Kirby Sewell, who was named one of the Top 5 male blues vocalists in Canada by Real Blues Magazine, blows the doors off the Cantos Music Foundation as it kicked off its first Blue Mondays All Ages Blues Jam and Workshop Series.

Riding the **Recession**

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Your Money

- **Time is money, and the Smart Cookies have advice on where to find financial tips online, pg 11**

Health

- **Tips on how to eat healthy while cutting down on your grocery bills, pg 14**

Later this week

- **AUTO: What are some of the top-value cars available in the market?**
- **FOOD: Wine columnist Peter Rockwell introduces some budget vintages.**

City malls buck trend

Despite StatsCan report Chinook, Sunridge malls booming

JENNIFER HILLIKER
for Metro Calgary

Nicole Safruk drove around the Chinook Centre parking lot for about 45 minutes before finding a spot on a February Friday night.

When she finally got inside the mall, she had to navigate through crowds of shoppers to reach the movie theatre — only to discover that the popular movie she wanted to see, playing two and a half hours after she arrived, was sold out.

"I thought this was supposed to be a recession," the 21-year-old said. "I've never had to drive for so long to find a parking spot, and I come to the mall at least once a week. Where did all these people come from?"

"I think locally, we haven't seen much of a recession impact."
Connie Nesbitt, Sunridge general manager

According to figures released yesterday by Statistics Canada, retail sales in Alberta were down 6.2 per cent from November 2008 to December 2008. But representatives from local malls say attendance actually increased this January compared with the same month last year.

Chinook Centre saw a two per cent increase in mall attendance, from 1.24 million people in January 2008 to 1.27 million people in January 2009, according to Peggy Lim, marketing director at Chinook. Lim also said sales increased by one per cent.

"Even during tough economic times, people still like to go out," Lim said.

"People just change their spending habits. Instead of traditionally taking that January cruise or vacation to somewhere warm, they're actually spending money at home."

Lim also attributes the increase in mall traffic to bargain hunters seeking out January sales.

On the north end of the city, Sunridge Mall has seen traffic increase by 2.3 per cent this January compared to January 2008. Connie Nesbitt, general manager of Sunridge, says preliminary sales figures show a five per cent increase.

"I think locally, we haven't seen much of a recession impact," Nesbitt said.

"More of the higher-end stores are not seeing as much traffic flow, but the middle-retailers haven't seen much of a decrease."

Chief backs use of Tasers

KRISTA SYLVESTER
krista.sylvester@metronews.ca

POLICE With the fate of Taser use possibly hinging on a national report released today, Calgary's police chief stands firmly behind use of the police tool.

With recommendations being released today by the Canadian Police Association of Chiefs and the Canadian Police Association, two Calgary aldermen have thrown their support behind the notion of all front-end officers carrying Tasers and Calgary police Chief Rick Hanson agrees.

"Absolutely, they should have Tasers; Tasers save lives. There is still not one single documented case where the cause of death is the Taser. It hasn't been proven," Hanson told Metro yesterday.

"We need the tools to deal with those violent people … the Taser is one of those tools," he added.

Calgary-Buffalo MLA Kent Hehr agrees the Taser can be an effective police tool, but he wants stricter guidelines in place, much like the ones the RCMP put in place earlier this month.

About 900 Tasers are in use by law enforcement agencies across the province.

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Man pleads not guilty in mom's murder
A Calgary man has pleaded not guilty in court to second-degree murder charges in his mother's death. John Hetrick, 52, began trial yesterday in the 2007 death of 79-year-old Margaret Hetrick. METRO CALGARY

Local

Fire department to hire hundreds

If you're looking for a job, the Calgary Fire Department might be the place to go. Planning to hire hundreds this year, the department is inviting anyone who might be interested to attend its February recruitment information session tonight at 7 p.m. at the department's Multi-Agency Training Center (5705-23 Ave. S.E.)

METRO CALGARY

Water system relatively stable

BREAKS Despite there being an over-average number of water-main breaks in Calgary in January, we're ahead of the curve.

Chris Huston, with Calgary water services, said last month saw closer to 60 or 61 water-main breaks, up slightly from last January.

He attributed the breaks to the early freezing in November, but said that compared to other North American cities, some of which have upwards of 2,000 breaks a year, Calgary's 1,400 to 1,500 aren't bad.

METRO CALGARY

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WHAT'S ONLINE TODAY

Blogs Love Bytes offers up advice on breaking up
Video Afghans chant "death to Canadians" after a blast kills two children at **metronews.ca/canada**

Solving Internet safety

KRISTA SYLVESTER
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While Internet crimes continue to grow at an alarming rate, the Calgary police are giving young kids the tools to protect themselves while online.

Yesterday was the launch of the newly proclaimed Calgary Online Safety Week, and Calgary police partnered with Southcentre Mall to provide Willow Park Arts Centre Grade 6 students an interactive crime-solving activity tailored to Internet safety.

"I think it's a lot of fun to solve crimes and it's been really interesting," 11-year-old Marissa Miller said.

Police Chief Rick Hanson was also on hand to launch the special initiative, and he told Metro that Internet crime is a major growing problem in the city, not just for kids but for people in general.

"I think cyber crimes are a huge problem in the community. Criminals have adapted to use the Internet," he said, adding pedophiles, fraudsters and thieves frequently prey on users.

"I think everyone, especially younger people and their parents, need to be aware of who they're talking to … The reality is you have to be careful," he added.

Which is why programs like this are so important, mother Cynthia McKitrick said.

"I have kids between six and 13 years old and there are different things to watch for with the ages. I think it's very important to work together," she said, adding the parents can learn as much as the kids.

ROBIN KUNISKI/FOR METRO CALGARY

Insp. John McReynolds of the CPS Community and Youth Services, with students Isabelle Baer, 11, left, and Marissa Miller, 11, both from Willow Park Arts Centre, play online sleuths as part of Online Safety Week, which started yesterday and runs until March 1.

Council to wait on soccer turf decision

FUNDING A federal commitment to $500 million over the next two years for recreation should translate into $15 million for Calgary, but Mayor Dave Bronconnier says that we shouldn't get our hopes up.

Because city council had doubts about financial support from the federal government, yesterday it decided to wait until funding is in place before it commits to building artificial turf fields for soccer.

The project will be back on the city agenda by July.

"Within the next 30 to 45 days we will have a clear direction from the government of Canada," Bronconnier said.

There is currently only one existing artificial turf field available to soccer players in Calgary, and as a result the city has not been chosen to host any major soccer events, according to documents.

The fields cost between $2 and $2.5 million each to build.

JENNIFER HILLIKER
/FOR METRO CALGARY

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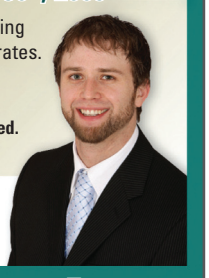

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Construction could affect Shaganappi Point Golf Course
The Shaganappi Point Golf Course may suffer due to LRT construction and the widening of Bow Trail. A public information session will be held at the South Calgary Community Association. **METRO CALGARY**

Zoo bananas over baby

ROBIN KUNISKI / FOR METRO CALGARY

Roberta, an eastern black and white Colobus monkey and aunt, holds the Calgary Zoo's newest addition to the family — the zoo's first born Colobus monkey — born in the early hours of Feb. 13.

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A new addition to the Calgary Zoo has staff going bananas.

The zoo was blessed with the first Colobus monkey ever born at the facility on Friday the 13th. The healthy white-coated female infant is the first baby of mother Mosi and father BK, and hasn't been named yet.

"We were awaiting this birth with great anticipation and when I got to work at 6:30 a.m. last Friday I found that Mosi had successfully given birth to the infant without assistance," zookeeper Garth Irvine said.

The zoo is happy that Mosi and another female in the troop, Roberta, share a close bond. Mosi even handed the baby to the other monkey to hold, which is uncommon.

"Mosi is a first-time mother and has a lot to learn, including how to carry her baby, but has taken good care of her and is quite protective," he said,

Zoo visitors are welcome to visit the newborn but patience is needed as the family needs time to adjust, zoo officials said. The monkeys are located in the TransAlta Rainforest.

Homeless groups pitch in for event

AID More than 50 homeless-serving agencies and organizations will get together over one roof this Saturday at the Petro-Canada Centre.

They will be serving the homeless or at-risk Calgarians in a one-day event called Project Homeless Connect. More than 1,000 people were served at the November event last year.

The project is part of Calgary's 10-year plan to end homelessness.

Driver charged with breaching heliport fence

SAFETY A Calgary man has been charged with endangering the safety of an aircraft after he allegedly drove through a security fence at the Peter Lougheed Centre heliport on Sunday afternoon.

Trevor Todd Reilander, 31, was driving the vehicle that allegedly stopped just metres from a STARS helicopter. The pilot allegedly detained him before security and police arrived. No motive has been established. **METRO CALGARY**

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'Métis Prince' dies

Joe Mercredi, an aboriginal advocate, former newspaper publisher, and historian in the Northwest Territories, died over the weekend, CBC.ca reports. He was 71. Often referred to as the "Métis Prince," Mercredi founded the original Northwest Territory Métis Association in 1970. METRO NEWS SERVICES

Canada

Cops make huge pot bust

Winnipeg police say they put a dent in the city's marijuana trade by seizing 1,200 pot plants in two raids, CBC.ca reports. Yesterday police recovered 98 plants at a home west of the city's downtown. On Saturday, a bust turned up 1,100 plants at a location on the same street. Total street value of marijuana from the plants is estimated at more than $1.3 million. METRO NEWS SERVICES

MP plans work crackdown

FOREIGN LABOUR The federal government intends to bring in new regulations to punish employers who exploit foreign workers by forcing them to toil in poor working conditions for low pay.

The new rules, expected by the end of March, would prevent employers with repeated violations of labour laws from being allowed to bring in foreign workers, Immigration Minister Jason Kenney said.

"I will be coming forward with draft regulations later in the spring to look at ensuring that the employers who abuse the system, a small minority, are ineligible to use it," he said in an interview.

But Kenney said the government has no intention of turning off the tap on foreign workers to fill jobs in Canada, despite the rising unemployment.

"The worst thing we can do in a period of economic slowdown is to starve those businesses that have labour needs," he said.

TORSTAR NEWS SERVICE

News in brief

COURTS First Nations leader David Ahenakew, 75, who called Jews a "disease" was found not guilty yesterday of willfully promoting hatred, but the judge said the comments were "revolting, disgusting and untrue." REUTERS

INQUIRY An RCMP officer who confronted Polish immigrant Robert Dziekanski the night he died after being Tasered by police at Vancouver airport testified yesterday that he feared for his safety, CBC.ca reports. METRO NEWS SERVICES

PM: Recession hinges on U.S.

Prime Minister Stephen Harper, voicing deep concern about the financial system in the United States and other countries, said yesterday he could not see how the current recession can end until they are fixed.

CHIP EAST/ REUTERS

Prime Minister Stephen Harper, left, meets with United Nations Secretary General Ban Ki-moon at the UN Headquarters in New York yesterday. Harper said in an interview that Canada does not have the same financial sector problems as the United States.

"We're obviously all hugely worried about the American financial system and about the financial system of some other countries," the Conservative leader said in an interview in New York with Fox News.

"Frankly ... until that problem gets fixed, it's hard for me to see how we're going to turn the corner on this recession that we're in now."

He also said Canada did not have the same financial sector problems as in the United States.

"We haven't had to bail out any of our financial institutions. We don't have the mortgage problem. Certainly, we have a downturn in our housing sector, but it's not structural. There will be no government bailout of mortgages in Canada," the prime minister said. REUTERS

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Anger really can kill you: U.S. study
Anger and other strong emotions can trigger potentially deadly heart rhythms in certain vulnerable people, U.S. researchers said yesterday. Previous studies have shown that earthquakes, war or even the loss of a World Cup Soccer match can increase rates of death from sudden cardiac arrest, in which the heart stops circulating blood. REUTERS

World

Rice signs book deal

Condoleezza Rice has agreed to a book deal with Crown Publishers, starting with a memoir of her eight years of service under former president George W. Bush. The first book is tentatively scheduled to appear in the fall of 2011, Crown said in a statement Sunday. It would be followed a year later by a second book about her upbringing in Alabama. REUTERS

Torture accusations fly

Freed detainee blames U.S., Britain for 'medieval' treatment

A British resident held at Guantanamo Bay for more than four years returned to Britain a free man yesterday and accused the U.S. government of inflicting "medieval" torture on him — with British collusion.

Binyam Mohamed, an Ethiopian citizen with British residence, was returned on a charter flight after the U.S. government agreed last week to a British request to free him. All charges against him were dropped and he was never tried.

> **"I have been through an experience that I never thought to encounter in my darkest nightmares."** Binyam Mohamed

Mohamed, 30, said he was "neither physically nor mentally capable" of facing the media after nearly seven years in captivity, but in a statement he denounced the actions of the U.S. government.

"I have been through an experience that I never thought to encounter in my darkest nightmares," the statement read.

"It is difficult for me to believe that I was abducted, hauled from one country to the next, and tortured in medieval ways — all orchestrated by the United States government."

Mohamed began his detention in April 2002 when he was seized at an airport in Pakistan for trying to travel on a friend's passport. He was held for four months, during which time he said he was tortured and abused by Pakistani intelligence agents in the presence of British intelligence officers.

In July 2002, he said he was taken to Morocco on a CIA plane and again tortured and abused for 18 months before a transfer to Afghanistan and then finally to Guantanamo Bay in September 2004. REUTERS

Colombian 'narco-subs' running cocaine to U.S.

DRUGS Packed with cocaine and grimly christened "coffins," sleek jungle-built submarines are steaming their way north from Colombia through Pacific waters to deliver tons of illegal drugs headed for the U.S. market.

Skimming just below the water line, with only a glimpse of a glass-enclosed cockpit or metal tubes visible from above, the semi-submersibles are the latest shipment method used by trafficking cartels to try to elude detection by authorities.

It is estimated that some 60 to 75 of the fibreglass vessels, also known as "narco-subs" and capable of carrying upward of eight tons of cocaine when fully loaded, are built in clandestine jungle shipyards in northwest Colombia every year. REUTERS

11 held after fatal bombing in Cairo

SUSPECTS Egyptian police have detained 11 people for questioning about the bomb that killed a French teenager and wounded at least 21 people near a popular tourist bazaar in Cairo on Sunday, police sources said yesterday.

No one has claimed responsibility and analysts said the bomb was probably the work of a small group of disgruntled Egyptians. REUTERS

News in brief

CHINA Public servants in the gritty central Chinese city of Zhengzhou should not sport "unnatural hairstyles" or wear clothes that are too colourful, according to new regulations.

WASHINGTON U.S. President Barack Obama pledged yesterday to cut the ballooning U.S. budget deficit of $1.3 trillion US by half in the next four years. REUTERS

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Comment & Views

Comment

Media melts over Obama

NationalReport

Lawrence Martin

Just being in the presence of Barack Obama elevated the stature of Stephen Harper last week.

It looked as though our prime minister had more purposes in life other than beating political opponents to death. One of his former cabinet ministers, Monte Solberg, has been saying that Mr. Harper needs a vision for the country, something other than damage control. Maybe this president can inspire him to think in loftier terms.

Mr. Harper handled himself impressively in his press conference with the new American megastar. Little of substance was accomplished at their meeting — unless you wish to count that breathtaking committent to a new clean-energy dialogue. But the media didn't challenge the two leaders to demonstrate concrete signs of progress. All that mattered was atmospherics and, from that point of view, the meeting was a robust success.

Tough questions? Forget about it.

Barack Obama arrived right on the heels of committing another 17,000 troops to Afghanistan. For a president promising a new way, the escalation of a war as the first major foreign policy act was somewhat jarring. Haven't we seen this movie before, someone might have asked him. A president ups the ante, a war drags on, a president can't recall the troops for fear that he and his country will look weak. The quagmire scenario results.

Afghanistan, if history is any indication, does not submit to foreign occupation. Our own little Canadian experience, Mr. Obama might note, is just another added bit of evidence.

No one wanted to spoil the fun ... What resulted was a good summit, made all the better by media compliance.

On the business of war, Mr. Harper escaped any questioning on his apparent reluctance to take issue with Guantanamo, specifically in the case of the Canadian, Omar Khadr. Mr. Obama has moved, thankfully, to shut down Gitmo, that appalling vestige of the Bush administration.

The issue of the NAFTA-gate controversy, the Canadian government's bit of leakage that hurt Mr. Obama during his primaries' battle with Hillary Clinton, fortunately did not come up. It would have required some fancy footwork on the part of our PM. Nor did many other big differences between the two leaders — such as their positions on the Iraq war — impinge on the most friendly proceedings.

Bilateral relations were fantastic, the president and the prime minister said, not pausing to note that, for the first time in our history, passport requirements and armed men have become staples along the world's longest undefended border.

No one wanted to spoil the fun by pointing this out as well as a lot of other things. What resulted was a good summit, made all the better by media compliance.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

MICHAEL DE ADDER

Metro Online Poll Results

81% SAID YES	Was Hugh Jackman a good choice to host the Oscars? *Weigh in on today's question at metronews.ca*	19% SAID NO

Views

Let's all give thanks to the hard-up CEOs who forego their stock options

Charles Davies
Veteran Business Writer

One can imagine the heart-rending scenes that have taken place in Canadian bank board meetings of late. CEOs, overcome with attacks of guilt and propriety, plead with their fellow directors: "Please sirs, cut my pay, slash my bonus, and rip the stock options from my hands. How can I eat cake while my customers starve?"

The directors balk, arguing that the CEO has done an extraordinary job of piloting a complex institution in difficult times. He has earned his fulsome compensation, they say, but then they grudgingly accede to his request. After all, it's optically better to be seen as public-spirited than parasitic — like those shameless U.S. investment bankers who use public bailout money to refurbish their offices — in a time of economic crisis.

One would like to think bank CEOs, indeed all corporate managements, are awakening to something bigger, however. It's the notion that business shouldn't always be purely about maximizing profit and shareholder value, or taking home the biggest compensation package, whatever the consequences.

Corporations, like it or not, are part of the social fabric, and they concede as much through their community involvement and philanthropy.

Particularly in hard times, it's fitting that companies temper the desire for growth and profit with concessions to the greater good.

For some companies, that might mean not having as many layoffs as possible; for others, it could be taking a pay cut.

It's your turn to tell others what you think. Email your thoughts and opinions to: calgaryletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Rough ride for economy in 2009: Bank of Canada

The Bank of Canada said yesterday the economy faces a "difficult" 2009, but repeated that the recovery will be supported by the past depreciation of the dollar and by timely monetary and fiscal policy. Real gross domestic product is expected to drop 1.2 per cent. REUTERS

Business

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Did you know March 8th is International Women's Day?

First celebrated worldwide in 1910, this day is an annual promotion of women's equality, rights and freedom.

To commemorate this day, Calgary Immigrant Women's Association (CIWA) is hosting a "Women of the World" celebration.

For more information please call: 403-263-4414.

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Down, down, down

Markets tumble on falling oil prices, poor retail sales

Another day, another nasty tumble.

After a dismal eight per cent drop last week, investors were looking for any signs of stability in the economy to break the market's fall. Instead, oil prices continued to tumble, talk about U.S. bank bailouts escalated, and a reading on Canadian retail sales showed consumers are keeping their wallets shut.

Investors scrambled for the exits yesterday as fears about the extent of the U.S. economic slowdown dragged the Toronto Stock Exchange to its lowest point of this cycle while the New York Stock Exchange hit 12-year lows.

"The market really needs something to grab onto to rule out a never-ending recession." CIBC economist Avery Shenfeld

"It's the steady diet of ugly economic news and concerns about the U.S. economy, which is spilling over into bearish sentiment in the markets," said Avery Shenfeld, senior economist at CIBC World Markets.

Toronto's S&P/TSX composite index lost 302.32 points to close at 7,647.67 yesterday, marking a third straight day of declines. It blew past the lowest point of this market downturn, which was set last November 20 when it fell to 7,725.76 points.

Meanwhile, New York's Dow Jones industrials fell 250.89 points to 7,114.78, partly on concerns the U.S. government will move to nationalize parts of the financial sector, such as troubled banks Citigroup and Bank of America.

"The market really needs something to grab onto to rule out a never-ending recession," said Shenfeld.

But all it got was bad news yesterday as Canadian retail sales plunged a deeper-than-expected 5.4 per cent in December, taking their steepest monthly slide in more than 15 years, according to Statistics Canada.

Led by sharp declines in new car sales, the figure was double analysts' consensus forecast and came on the heels of a 2.4 per cent drop in November. December sales plummeted as consumers cut holiday spending on clothing and accessories, the federal agency said.

TORSTAR NEWS SERVICE

Airlines **Porter flying high**

MARK BLINCH/REUTERS

President and CEO of Porter Airlines Robert Deluce poses in front of an aircraft in Toronto yesterday. Two years after its launch, Porter remains profitable and is gearing up for expansion at a time when industry rivals are strapped for cash.

GM on right track with plan: Clement

AUTOS The Canadian arm of General Motors Corp. is on the right track as far as its restructuring plan is concerned, but serious discussions will still be required before the struggling automaker qualifies for emergency aid, Industry Minister Tony Clement said yesterday.

The Canadian wings of GM and Chrysler presented their proposals last Friday to Ottawa to back requests for repayable loans to help them survive the steep industry downturn.

"We have to go through their numbers to see exactly what they have planned for the Canadian plants ... but we've certainly got the skeletal structure of what they're going to do," Clement told the CBC.

Clement also said he was encouraged by the additional "long-term viability plan" forwarded to him by Chrysler Canada over the weekend.

The report was submitted to the U.S. Treasury earlier in the week in its request for U.S. aid.

Neither company asked for a specific dollar amount in their plans for Canadian aid. REUTERS

Buck stops here

- The estimated $10 billion in provincial and federal funds being sought by General Motors and Chrysler will be all the automakers get, Ontario Premier Dalton McGuinty says.

TORSTAR NEWS SERVICE

In brief

TAKEOVER Abu Dhabi state-owned International Petroleum Investment Co. launched a $500-million US takeover bid for Nova Chemicals Corp. yesterday, a friendly deal to rescue the raw plastics maker from severe financial pressure due to its high debt. REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Riding the Recession

Online blogs are not only a fantastic resource but they can also fill the role of virtual money group. Knowing where to start when it comes to blogs can be a tad overwhelming, so here are some favourites to get you on your way.

Getting Started

To get back to the financial basics, check out moolanomy.com. Like many other finance blogs, Moolanomy offers sound advice on topics such as investing, saving, goal setting and real estate.

But what we think makes this site unique, is an element called blogroll. Blogroll is a directory of the top personal finance and money blogs. Having this resource at your fingertips will save you searching the web trying to find the best of the best. Another feature to check out is the freebie section that allows you free access to online money magazines and books.

Sound Investing is perfect for the Smart Cookie on the go — you can simply download the latest in money matters straight to your iPod.

Saving Your Time and Your Dough

These days, time is money. For creative ways to save on both, take a peek at lifehacker.com. This site offers clever solutions for a variety of everyday trials and tribulations, as well as more efficient ways to get things done, so you can work less and enjoy life more.

In one post, we learned how to pack an entire vacation's wardrobe in a single carry-on bag, saving money on baggage fees (not to mention the money saved on Tylenol that accompanies lost luggage). In another post, we learned that the real cost difference between making homemade laundry detergent and buying it in for the grocery store is just pennies — translation: Buy your detergent.

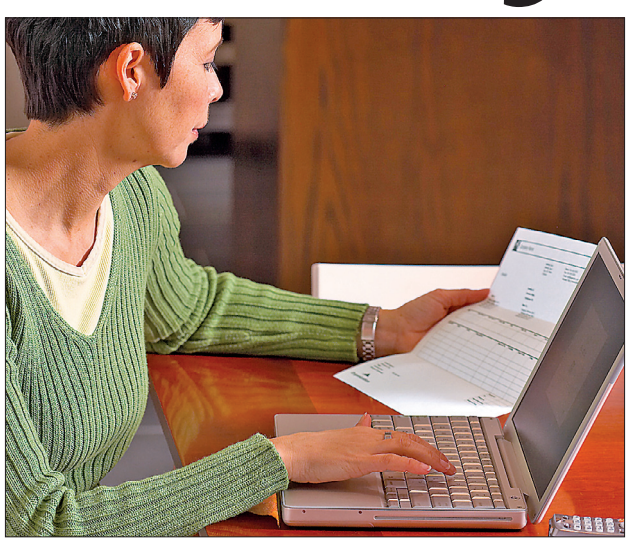
Money News While You Move

If podcasts are more your style, check out fundadvice.com/sound-investing/. This weekly radio show was just voted "Best Money Podcast" by Money Magazine.

Sound Investing is perfect for the Smart Cookie on the go — you can simply download the latest in money matters straight to your iPod. For the novice investor this might seem like heavy information at first, but stick with it and you're bound to be impressing all with your savvy investment knowledge in no time.

Fashionista Turned Recessionista

And last but not least, check out Vancouver blogger May Globus. In her blog confessions-of-a-fashion-fanatic.blogspot.com, May offers advice on how to maintain a sense of style that fits within your newly adjusted spending plan. She highlights great finds from popular fashion houses.



These days, time is money. For creative ways to save on both, take a peek at lifehacker.com.

At the end of the day, you don't need to spend a ton of money to look polished, professional and stylish. All it takes is a little creativity, some resourcefulness, and someone in your back pocket who is on the pulse of style.

For more money-saving tips, tune into the second season of the Smart Cookies on the W Network — Monday nights at 10:30 p.m. PST/EST. If you have comments or questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Allan Small

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Contribute to RRSPs or TFSA?

MoneyMatters
Henry Choo Chong

choochonghcga@yahoo.ca

Q For the past six years, my wife and I contributed very little to our RRSPs. In this time, we saved the down payment for the purchase of our own home. Before the February deadline, should we make a lump sum contribution to our RRSP or the new Tax Free Savings Account? Can we transfer some existing stocks into either plan?

— Paul

A March 2, 2009, is the final date to make a Registered Retirement Savings Plan (RRSP) contribution that can be deducted for 2008. The new Tax Free Savings Account (TFSA) has a maximum $5,000 contribution per calendar year. Individuals that do not contribute to the annual limit can make up contributions a later point in time.

The RRSPs and TFSAs have very similar features with some differences:

- Both plans shelter income from investments
- Investments limitations are identical for either plan
- RRSP contributions can be deducted, not so with a TFSA
- TFSA holders can make withdrawals without being taxed. All RRSP withdrawals are taxed
- RRSP should be held for retirement, TFSA can be used to shelter short-term funds.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

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Survey says...
According to the second BMO Savings Monitor survey, 25 per cent of respondents will not contribute to their RRSP this year, while one-third plan on cutting back on their contribution. METRO NEWS SERVICES

RRSP Guide

Experts offer last-minute tips for investors

RAFAEL BRUSILOW
for Metro Canada

The RRSP deadline is fast approaching but you still have time to make a smart decision.

Don't fly blind: Look at your notice of assessment so you know how much contribution room you have so that you don't put in too little (and lose an opportunity) or too much (and suffer penalties).

Stick to what works: The last minute is not the right time to try untested strategies or investments.

"It's important not to get swayed off your plan — stick with your original strategy," said Mark Coutts, a certified financial planner with Sun Life Financial.

Don't make rash decisions: Buying the wrong investments just to "get it in" can lead to bad choices. "If you're in a rush, put the money in, but don't lock it into anything right away. Sit down with your adviser and make the appropriate long-term decision when you have the time," said Scott Ward, financial adviser with Edward Jones.

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Planning key for next year

RAFAEL BRUSILOW
for Metro Canada

Even if you're going to miss the March 2, 10:30 p.m. deadline to contribute to your RRSP, experts say you shouldn't let yourself get discouraged.

Whether because of procrastination, a tough financial situation or another factor, missing the RRSP deadline can feel like a painful setback.

Scott Ward, a financial adviser with Edward Jones, says the most important thing after missing an RRSP contribution deadline is to make sure you don't do it again by analyzing why you weren't able to put away the necessary money.

"Make a budget. Take a real close look at what expenses you've got going out every month and what's preventing you from saving for your retirement," Ward said.

Even making a small adjustment, like eating out less, can have a profound effect on saving you enough money to put towards your RRSP.

Mark Coutts, a certified financial planner with Sun Life Financial, says saving a little money on a monthly basis is a better strategy than trying to dump a large sum of money all at once into your RRSP when the deadline looms. If you dropped the ball this year, plan to make your RRSP contribution a monthly commitment next year — after all, you're in this for the long term.

"If you miss the deadline, you've got the entire year of 2009 to look to the future," Coutts said.

Ward suggests that even if no new money is coming into your RRSP this year, now is a good time to review your portfolio and ensure your money is working for you.

Coutts says that while missing the contribution deadline can hurt, there are investment alternatives like the Tax-Free Savings Account, a Registered Education Savings Plan for your kids, or putting money towards your mortgage.

Mike Richards tops Three Stars
Philadelphia Flyers forward Mike Richards, Florida Panthers goaltender Tomas Vokoun and Chicago Blackhawks goaltender Cristobal Huet were named the NHL's Three Stars for the week ending Feb. 22. METRO NEWS SERVICES

Sports

Pistorius recovering

South African double-amputee sprinter Oscar Pistorius is expected to be moved out of intensive care within a few days and may be able to return home as he responds to treatment for an injury sustained in a boating accident over the weekend. Pistorius, nicknamed the Blade Runner, had his legs amputated below the knee when he was 11 months old because he had no fibulas. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Culture clash on the court

Increasing numbers of former NBA players are turning to China's professional league for jobs and their aggressive domination of the court has drawn criticism from a sports system dedicated to developing Chinese players.

China's teams stepped up recruitment abroad this season after new rules allowed them to field two foreign players, a move the Chinese Basketball Association hoped would attract interest in the league and expose players to tougher competition.

High-level imports such as former NBA players Bonzi Wells and Donnell Harvey have, however, refocused virtually every CBA team's strategy around the scoring power of the foreigners, reducing stats and game time for Chinese players.

"In the past it's been guys who were good, but more team-oriented," said Jason Dixon, a U.S. import who has played for the Guangdong Tigers for 10 years.

"This year you're finding a lot of high-calibre NBA players.

"Even in college (Americans) are told, 'If you want to play in the NBA, you have to score, you have to have a sense of selfishness,' and I think the Chinese don't understand that."

The CBA's top 15 scorers are all foreigners this season, and the reaction has not been positive.

Dontae Jones, a former Celtics forward now leading the CBA in points scored, has been described by local media such as Titan Sports as a "cancer" on the Beijing Ducks because he shoots too much.

CHRIS GREYTHEN/GETTY IMAGES

Former NBA player Bonzi Wells left to play in China.

"In the past it's been guys who were good, but more team-oriented."
Jason Dixon

Former NBA guard Wells, who left the league last month, was also blasted by domestic media for pulling down the stats of his team mates by scoring as many as 50 points per game — without improving Shanxi Zhongyu's record.

CBA office director Zhang Xiong agreed that the domination of the imports had been "detrimental for the growth of Chinese players," who now play less.

The imports need to learn about China's culture and adjust to its less individualistic system, he said.

REUTERS

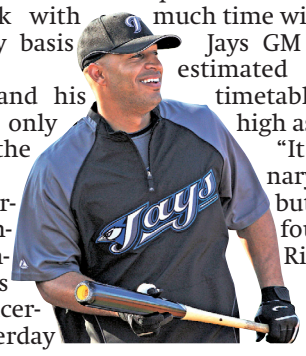
Blue Jays lose Wells to injury

HAMSTRING Vernon Wells reported to Jays spring training last week looking to all like he was in great shape.

He cut the usual figure of a star athlete, and it was augmented by a new twist in his approach for the upcoming season — the hiring of a personal trainer who will work with him on a daily basis all season long.

All that — and his status for not only the opening of the Grapefruit League tomorrow, but potentially for Opening Day — was thrown into uncertainty yesterday when the Jays revealed their centrefielder suffered a recurrence of the hamstring injury that plagued him last season.

Wells won't be in centre tomorrow when the Jays open their Grapefruit League schedule at home against the Yankees. The question becomes how much time will he miss.



Jays GM JP Ricciardi estimated Wells timetable to reach as high as four weeks. "It's preliminary right now, but it could be four weeks," Ricciardi said.

TORSTAR NEWS SERVICE

Rangers dump Renney as coach

NHL The New York Rangers fired head coach Tom Renney on Monday and hired former Tampa Bay head coach John Tortorella later in the day.

Tortorella won a Stanley Cup with the Lightning in the spring of 2004, but was fired in June of 2008 with one year remaining on his contract. The Rangers, who also dismissed assistant coach Perry Pearn, have lost 10 of their last 12 games, including a 3-2 overtime setback at home against Toronto on Sunday. New York has a record of 31-23-7 and is currently 10 points behind first-place New Jersey in the Atlantic Division. The Rangers are also sixth in the Eastern Conference playoff race with 69 points, just two ahead of ninth-place Carolina.

METRO NEWS SERVICES

Sports in brief

CFL The Calgary Stampeders signed non-import defensive end Alain Kashama to a contract yesterday. The six-foot-four, 270-pound Montreal native had nine tackles and one sack last season with the Alouettes and Hamilton Tiger-Cats.

SENTENCE NBA Hall of Famer Charles Barkley was reportedly sentenced to 10 days in jail yesterday after he pleaded guilty to one misdemeanor charge stemming from his DUI arrest back on December 31.

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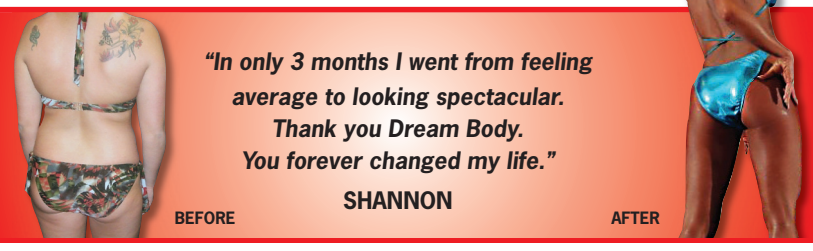

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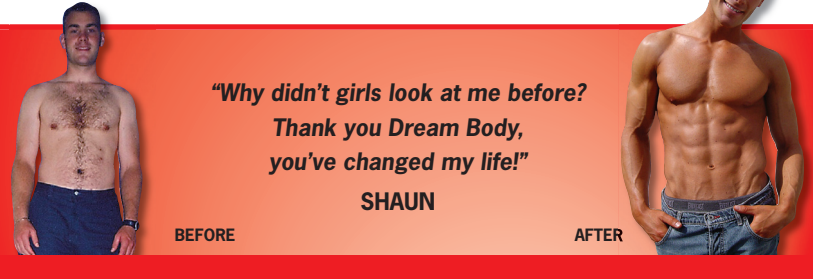

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Healthy food prices rising, report says

Tips on how to eat nutritious meals while on a budget

When grocery shopping, look for foods that provide more bang for your buck like products that are high in nutrients.

There are "startling discrepancies" in the cost of basic, healthy food at grocery stores across Canada, according to a report released by the Heart and Stroke Foundation this month.

Some Canadians, depending on where they live, are paying between two and six times more money for the same grocery cart of healthy foods, the report found.

The cost of a package of whole-wheat pasta ranged from $2 in Barrie, Ont., to $11.37 in Dawson, Yukon.

To collect data for the report, the foundation recruited volunteer shoppers in 66 different communities.

Riding the **Recession**

The discrepancies in the cost of healthy food across Canada and across provinces is startling, said Stephen Samis, director of health policy at the Heart and Stroke Foundation.

"Access to basic healthy food should be a right, not a privilege," Samis said. "Yet many Canadians have trouble affording, or even finding, healthy food where they shop. This is a problem that may get worse given the downturn in the current economy."

A healthy diet is a key factor in preventing heart disease — the number one killer of men and women in Canada. Studies have shown that eating a diet rich in fruits, vegetables and whole grains can reduce the risk of heart disease by 30 per cent.

For Canadians looking for more ways to cut back on spending but not nutrition, registered dietitian Amanda Schwartz offers these tips:

• **COOK SEASONALLY** Fruits and vegetables that are in season are cheaper than off-season fare. In the winter season try buying cabbage, carrots, garlic, kale, leeks, onions, parsnips, apples, kiwi, bananas and oranges.

• **PURCHASE FOODS THAT PROVIDE MORE BANG FOR YOUR BUCK** Examples of fruits and vegetables that provide a high nutrient to price ratio include cabbage, carrots, oranges, bananas, frozen and canned fruits and vegetables.

• **HAVE BREAKFAST FOR SUPPER** Eggs are a great, less expensive source of protein that can be eaten at any meal. Try making an omelet with a plethora of colourful vegetables and include whole grain toast or a sweet potato for a well balanced and filling dinner.

• **DO THE PREP WORK** Bagged salad mixes and pre-chopped produce may save time but that extra convenience will cost you.

• **MAKE YOUR OWN SNACKS** Popcorn is one of the most commonly recommended snacks by dietitians and is a snap to make. Buy an air-popper and make your own air-popped pop corn for a great low calorie snack. Also, try making your own trail mixes by getting walnuts and almonds and other nuts from the bulk bins and include dried fruits and pretzels.

• **SHOP WITH A BUDDY** If you live alone try buying bulk-sized items and splitting them with a friend(s).

• **USE COUPONS** Check out weekly fliers for great savings.

METRO NEWS SERVICE

In brief

TANNING People who suffer from winter depression known as "seasonal affective disorder" or SAD — or the less severe but more common "winter blues" — shouldn't seek relief in a tanning bed or booth, a leading expert on light therapy warns. SAD is often treated with daily sessions of exposure to bright light. While some isolated reports have linked tanning to improvements in mood, Dr. Michael Terman told Reuters Health, the fact is that real light therapy works through the eyes, not the skin, and uses a completely different type of light. REUTERS

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The return of Twilight
A reported release date for Eclipse, the third film in the Twilight saga, has been revealed. A source at Summit Entertainment tells MTV that Eclipse will arrive in theaters on June 30, 2010. New Moon rises in theaters on Nov. 20 of this year. **MSN.COM**

Entertainment

Taking it off

Although Oscar-winner Kate Winslet has vowed to stop taking her clothes off in movies, Hugh Hefner is holding out hope she'll grace the pages of Playboy, according to Digital Spy.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Global Troubadour

International spotlight shines on hip-hop artist K'naan

BRYAN BORZYKOWSKI
for Metro Canada

To many hip-hop loving Canadians, Toronto rapper K'naan is already a household name. His brilliant 2006 debut The Dusty Foot Philosopher put the Somalia-born musician on the map and his star continues to rise. But south of the border, the buzz is just beginning.

"I played a sold-out show in L.A. recently and Matthew McConaughey and Tom Morello were there," he said excitedly from a tour stop in Oakland. "I hung out backstage with Wood Harris from Wire! I don't even know how these celebrities are hearing my music."

It's safe to assume that the Hollywood crowd heard about Kanaan Warsame from the countless profiles in places like Wired, Rolling Stone and the L.A. Times, but there's also a good chance they got their hands on a copy of the artist's stunning sophomore effort, Troubadour.

Recorded in Bob Marley's Jamaican studio, the disc expands on the socially conscious sound that's turned thousands of listeners onto K'naan. He once again mines his life — from war-torn Somalia to Toronto — for material, while pushing his musical boundaries even further.

Besides rap, he tackles rock and reggae, even enlisting Metallica's Kirk Hammett on If Rap Gets Jealous for a guitar solo. "He did like 17 guitar solos that we had to sift through and they were all great."

The diverse musical direction is definitely one of K'naan's selling points, but his passionate, and sometimes hard-to-stomach, lyrics are what really drives his music. One especially gripping track is Fatima, which is about the death of a girl K'naan knew in his hometown.

"She was the most beautiful girl in my neighbourhood," he said. "Her young life was taken (during the war) and that's never going to leave you. I had to have some space from it for years before I could do anything about that experience, but I thought it was a gift for people to hear that song about her."

It's stories like these that explains why the international spotlight is shining bright on K'naan. But for many, rap revolves around the hardships in African-American ghettos, not war-ravaged Africa. So how does the Dusty Foot Philosopher expect his version of street life to be taken?

"I don't expect people to understand this," he said. "But there's a difference between feeling and understanding it. Music is so universal that the North Americans will feel the circumstances and get it in that way, even if they don't really understand where it's coming from."

K'naan in concert

- K'naan will be in Calgary for a concert at the Marquee Room on March 13. His latest album, Troubadour, was released this week.

Somalia-born, Toronto-raised hip-hop artist K'naan recorded his sophomore album at Bob Marley's studio in Jamaica.

Bollywood celebrations for Slumdog

MOVIES Bollywood met Hollywood for real yesterday as Mumbai slum dwellers celebrated the triumph of Slumdog Millionaire, clapping, whooping and dancing like Indian film stars after the rags-to-riches romance swept Oscar gold.

Slumdog, an often dark but ultimately hopeful tale about a poor Indian boy who competes for love and money on a TV game show, won eight awards, including best picture and best director.

The film, shot in the teeming shantytowns of Mumbai, cast several children who live in the city's Garib Nagar slum, and who were flown to Los Angeles to attend the awards ceremony. **REUTERS**

GlobalStyle

Kenya Hunt
Exclusive at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/24/09 primetime	267	351	ACCESS	Truth, Duty, Valour		Smallville		Cold Case		Law & Order: Criminal Intent		Truth, Duty
	243	317	CFCN	etalk	Hollywood	Law & Order: SVU		Criminal Minds "Lucky"		Criminal Minds		News (N)
	-	-	OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	KXLY	State of the Union "2009" (Live)			Entertainment	Homeland Security USA		Supernanny		Primetime: You
	245	306	CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	244	338	CICT	ET Canada	Entertainment	90210 (HDTV)		NCIS (HDTV) (N)		Project Runway Canada		News Hour
	246	-	CKAL	Law & Order: SVU		Friends	Friends	Privileged (N)		Curb-Enthsm	Curb-Enthsm	Your City
	119	705	CBXFT	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Roxy (SC)	Grosse vie	Le Téléjournal et Les Nou		TJ Alberta
	-	-	SHAW	(6) Local Programming						Local Programming		
	-	372	KREM	State of the Union "2009" (Live)			TBA	NCIS (HDTV) (N)		Two/Half Men	Old Christine	TBA
	-	374	KSPS	NewsHour With Jim Lehrer		Nova (HDTV) (N) (DVS)		Wild! (DVS)		Frontline (DVS)		Independent
	502	390	CBC	CBC News: The National		Seeking Refuge (N)		CBC News: The National		CBC News: The National		Seeking
	-	370	KHQ	State of the Union "2009" (Live)			Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)		News (N)	Be-Millionaire
	-	373	KAYU	State of the Union "2009" (Live)			Two/Half Men	Bones (HDTV PA)		To Be Announced		News (N)
	297	652	WPIX	Privileged (N)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Foreclosed
news	500	500	CNN	State of the Union (Live)		Anderson Cooper 360 (HDTV)				Larry King Live (Live)		State of Union
	508	502	CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	TSN	Basketball	Curling 2009 Scotties Tournament of Hearts -- Draw 11. (HDTV) From Victoria, B.C. (Live)						SportsCentre	In This Corner
	408	418	net	NHL Hockey Tampa Bay Lightning at Edmonton Oilers. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected		Oilers in Hour
	410	403	SCORE	(5:30) Court Surfing		Score Tonight		Hardcore Hockey Talk		Poker 888.com UK Open.		Final Score
	411	457	OLN	Mantracker		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter
	417	406	SPEED	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!
family	552	543	YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach
	557	541	FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
cable variety	575	583	CMT	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes		Home Improve.	Home Improve.	Reba
	553	546	TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	CHTV	The Insider (N)	E! News	Ruby	Kimora: Fab	The Biggest Loser (N)		Ruby		News (N)
	505	398	TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	W	Style by Jury	Style by Jury	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	Naked
	521	560	TLC	18 Kids-Count	17 Kids-Count	Toddlers & Tiaras		17 Kids-Count	17 Kids-Count	18 Kids-Count	17 Kids-Count	Toddler-Tiara
	603	561	FOOD	The F Word		Good Eats	Good Eats	Iron Chef America		Challenge		The F Word
	615	520	A&E	The First 48 (HDTV)		Manhunters	Manhunters	Manhunters	Manhunters	The First 48 (HDTV)		The First 48
	617	522	SHOW	Wife Swap		The Outer Limits		Mutant X "Lit Fuse"		Testees	Trailer Park	The L Word (N)
	601	562	SLICE	Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada	Matchmaker	Trinny and Susannah Undress		Trading Sp
	-	633	ENC2	*Death-Her*	(7:20) *Heaven Before I Die* (1997, Comedy)			*Oh, God! Book II* ★★ (1980, Comedy)			(10:35) *Oh God! You Devil*	
	520	505	DISC	Destroyed	Time Warp (N)	Extreme Loggers (N)		Daily Planet		Destroyed	Time Warp	Ext. Loggers
	620	523	BRAVO	Sweet Soul Music			Bryan Ferry	Law & Order		Without a Trace		*Full Frontal*
	294	650	WPCH	(6) *The Last Castle* (2001, Suspense)			Seinfeld	Family Guy	Family Guy	*The Last Castle* ★★ (2001, Suspense)		
	626	547	COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
	-	539	TCM	(6) *The Burmese Harp*, War		*Rashomon* ★★★★ (1950, Drama)			*Seven Samurai* ★★★★ (1954, Action) Toshirô Mifune.			
	628	584	SPIKE	Ultimate Knockouts		DEA (HDTV) (N)		Real Vice	Real Vice	CSI: NY "Stuck on You"		Disorderly
	522	516	HIST	Ultimate Engineering		NCIS "Marine Down"		Ultimate Engineering		Ax Men		NCIS
	627	528	SPACE	Star Trek: Voyager		Destination Truth (N)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	-	AMC	(6) *Magnum Force* ★★ (1973)			*Magnum Force* ★★ (1973, Crime Drama) Clint Eastwood, David Soul.					*Fistful*
	619	525	TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
	600	564	HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	501	391	CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	VIVA	Missing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy		Missing
	269	350	APTN	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
	-	-	MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581	MMM	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed		Party of Five		Gene Simmons
	570	580	MM	disBand	Technical Diff.	Degrassi: TNG	Instant Star	The Shift		Redemption	Pimp My Ride	Video on Trail
	581	566	MTV	From G's to Gents		From G's to Gents		MTV Live	After	The Girls of Hedsor Hall		G's to Gents

critics' corner

Wild Roses
Relationships are on the front burner in this new episode, which finds Charlotte falling more deeply into Jude's world, while Will and Lucy's romance heats up. Peter finds inspiration from his hospital roommate, and David finds a possible source of support for his attempt to take over Rivercross in "Sin and Redemption." 9 PM on CBRT

Homeland Security USA
In this new episode, a Coast Guard agent stops a guy driving a personal watercraft through a manatee zone off Miami. In a collision between him and one of the big sea mammals, guess who'd probably win. Elsewhere, the skipper of a package-laden fishing boat runs from officials when the boat hits shore. 9 PM on KXLY

NCIS
This case hits close to home, but they'll have to go far from home to solve it. When an NCIS agent is killed, Gibbs and company venture into the desert in search of a woman who holds the key to finding the killer. Michael Weatherly, David McCallum and Pauley Perrette also star in the new episode "South by Southwest." 9 PM on CICT KREM

Hawn avoids Oscar red carpet
Not every star likes the red carpet. Some like to sneak in the back. "It's so much nicer. No one's screaming," Goldie Hawn said as she arrived at a loading dock behind the Kodak Theatre about 45 minutes before Sunday's Oscar show. MSN.COM

Celebrity Buzz

Madge flaunts new boyfriend at Oscars

LOVERS Madonna was "all over" her new boyfriend Jesus Luz at the Oscars, femalefirst.co.uk reports. The 50-year-old singer went public with the 22-year-old Brazilian model for the first time, flaunting him at a pre-Academy Awards party last night.

A source said: "She was all over him at the Grey Goose pre-Oscars party at Cecconi's in Los Angeles. She was kissing his face off. Then she decided to invite him to join her at the actual bash — their first public outing together."

It was recently revealed the pop star is desperate to prove she is committed to Luz, following claims the Hung Up singer is only romancing the model to make her estranged husband Guy Ritchie jealous.

A source said: "Madonna and Jesus have spent all week planning their outfits for Oscar night. Madonna is planning on using the Vanity Fair party to introduce Jesus to the world as her new boyfriend."

METRO NEWS SERVICES

Anne has a ball at Academy events

PERFORMANCE During the Oscar show, Prince Charming — in the guise of host Hugh Jackman — swept Anne Hathaway into his arms. And, afterwards, she went to the ball, people.com reports.

The Academy's Governors Ball, that is, immediately following the Sunday night ceremony in the Kodak Theatre. The evening was so rich that the Rachel Getting Married best actress nominee, 26, told People she had a hard time singling out a favorite moment.

"There's so many," she said before quickly amending her answer to, "I'd have to say being in Hugh Jackman's arms and him carrying me on stage."

Their number, part of a satirical musical salute to the nominated movies — in this case, Frost/Nixon, with Hathaway as the former president — was rehearsed for "about a week," she said.

"I didn't really have that much input for what went into it. They just said, 'Show us what you got, and we'll work around that.' I'm a theatre-trained actress, so that kicked in for the singing.

"I think I was nervous for that performance and nervous about the nomination that the two just cancelled each other out," she said.

METRO NEWS SERVICES

Aniston takes Brangelina in strides

APPEARANCE While Slumdog Millionaire piled up the Oscars Sunday night, Angelina Jolie and Jennifer Aniston defied expectations and piled on the smiles — as their dual appearance at Hollywood's night of nights was as smooth as the silk gowns that filled the Kodak Theatre, people.com reports.

Jolie, of course, attended with her partner and fellow nominee, Brad Pitt, while his ex-wife, Aniston, was accompanied by her boyfriend, John Mayer.

When it came to the seating arrangements in the Kodak, Mayer and Aniston were not far from Pitt and Jolie — just about 12 seats away.

METRO NEWS SERVICES

Beckhams want to renew vows

RELATIONSHIP David and Victoria Beckham are planning to renew their wedding vows, femalefirst.co.uk reports. The soccer star and the former Spice Girl have told friends they want to celebrate their 10th anniversary in July with a lavish commitment ceremony. A source told Britain's Daily Express: "David has promised Victoria that they will renew their vows at the beginning of July, around their 10th wedding anniversary."

METRO NEWS SERVICES

Awards show like 'date' for Pitt, Jolie

COUPLE While Brad Pitt and Angelina Jolie were making a glamorous appearance at the Academy Awards, what were their six children doing at home?

"Throwing spaghetti against the wall," Pitt told People magazine on the red carpet at the Kodak Theatre in Hollywood. Which was just fine with two of Sunday night's nominees — Pitt as best actor for The Curious Case of Benjamin Button, and Jolie for best actress in Changeling. Neither picked up an award.

"We've been planning on this for months," Pitt joked.

"I like to think of it more as a date," added Jolie.

METRO NEWS SERVICES

Nicole's pals welcome baby news

PREGNANCY Now that Nicole Richie and boyfriend Joel Madden have announced they are expecting a second child, their friends are brimming with well wishes for the couple, people.com reports.

"I'm so excited for Nicole," Paris Hilton told People at the first annual Leeza Gibbons Night to Make a Difference in Beverly Hills. And Hilton's mom, Kathy, has a hunch that Richie, 27, may be seeing blue this time around. "I think it's going to be a boy," said Kathy. "I'm never wrong."

As for the expectant mom, "she's a cool chick," Chuck actor Zachary Levi, who worked with Richie when she guest-starred on the show, told People at the Fox Searchlight Oscar party. "I think that they'll be a good unit to hopefully bring up their kids in a way where they are stand-up individuals who lead their generation into being a good one."

Actress — and mother of three — Angie Harmon said Richie's experience as a mom to one-year-old daughter Harlow will make parenting the second time around much easier.

"She knows what she's doing since she already has one," Harmon said at Prince's party for his website LotusFlow3r.com.

Harmon also had a request for the fashion-savvy star: "Start a maternity line."

METRO NEWS SERVICES

Travolta opens charity in memory of dead son

FOUNDATION John Travolta has launched a charity in memory of his dead son, femalefirst.co.uk reports.

The Hollywood actor and his wife Kelly Preston — whose 16-year-old son Jett died from a seizure in January — have created the Jett Travolta Foundation to help children with medical and emotional needs.

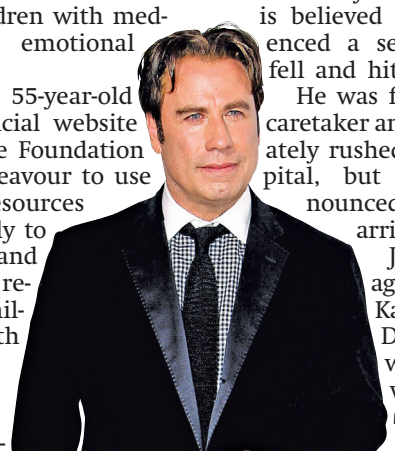
The 55-year-old star's official website says: "The Foundation shall endeavour to use its resources specifically to assist and provide relief to children with vision, hearing, mobility, communication, behaviour learning impairments or other special medical, environmental, health or educational needs."

Jett was found lying motionless in a bathtub on Jan. 2 at his family's Bahamas hotel. The teenager had a history of fits and it is believed he experienced a seizure and fell and hit his head.

He was found by a caretaker and immediately rushed to a hospital, but was pronounced dead on arrival.

Jett was diagnosed with Kawasaki Disease when he was two.

METRO NEWS SERVICES



Rourke dishes on facial fixes

SURGERY Best actor Oscar nominee Mickey Rourke isn't happy with the plastic surgery he received to fix facial injuries he incurred during his boxing career, saying he "went to the wrong guy."

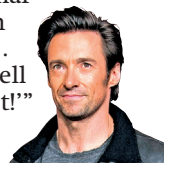
"I had to have cartilage taken from my ear to rebuild my nose and a couple of operations to scrape out the cartilage because the scar tissue wasn't healing properly," Rourke said, according to German newspaper Die Welt. "That was one of the most painful operations, but the worst was hemorrhoids."

METRO NEWS SERVICES

Jackman grilled over gay rumours

SEXUALITY In her Oscar special, Barbara Walters grilled Hugh Jackman about persistent rumours that he is gay. Jackman said that when his wife would come see him in The Boy from Oz on Broadway, "She used to go to the bathroom … and she would hear people going 'I know he's married, but I'm sure he is' … she would yell out, 'He isn't!'"

METRO NEWS SERVICES



Woman trouble for Winehouse?

INCIDENT Amy Winehouse's rampaging recuperation in the Caribbean continues, and the troubled singer can now reportedly add same-sex home-wrecking to her list of hobbies. According to the Daily Mirror, a woman vacationing at the same St. Lucia resort was shocked to return to her hotel room and find her female partner in bed with the Rehab singer. "It was a horrible thing to have to see — her girlfriend and Amy all over each other like that," a source told the newspaper.

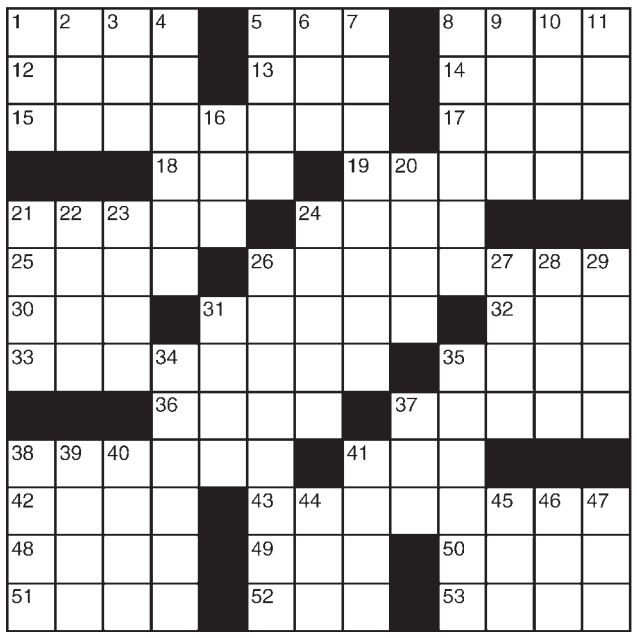
METRO NEWS SERVICES

Today Snow -11 C / -13 C
Wednesday Mostly cloudy -16 C / -19 C
Thursday Partly cloudy -13 C / -23 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS AT 6 A.M.

Take Five



Crossword across

1 Ms. Moore
5 Occupation, for short
8 Stitches
12 With 13-Across, hematite
13 See 12-Across
14 Met melody
15 Breadwinner
17 Chain component
18 Whatever number
19 Vitamin C source
21 "Surprise Symphony" composer
24 Throat clearer
25 Lotion additive
26 TV crime drama
30 Put into words
31 J.C. Harris' "Uncle —"
32 "Hail, Caesar!"
33 Don King, e.g.
35 Faucet problem
36 Sleeping
37 Daily trio
38 One taking great interest in his work?
41 Cushion
42 Picard predecessor
43 Max Bialystock, for one
48 Advantage
49 Sailor's assent
50 "Arrivederci"
51 Crystal gazer
52 Trawler gear
53 Deserve

Crossword down

1 Party bowlful
2 Screw up
3 Cattle call?
4 Encroach upon
5 Corpse
6 Anger
7 Crucial time
8 Hero material
9 "— Brockovich"
10 Airplane part
11 Benefit
16 Hostel
20 Umps
21 Padlocked fastener
22 Re 10-Down
23 Vacillate
24 Ready for battle
26 Mary Martin role
27 Zhivago's love
28 Satanic
29 Agents, briefly
31 Judicial garb
34 IOU
35 Figure out
37 Angry
38 Guitars' kin
39 Faction
40 Incite
41 Versifier
44 "Catcher in the —"
45 KGB counterpart
46 Listening device
47 Director Howard

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			4		2			
	6						2	
7		8				9		6
		9	5	3	4	2		
3								4
		5	6	9	7	1		
6		4				8		1
	5						3	
			3		8			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	2	4	6	7	3	8	5	1
1	7	3	5	2	8	4	6	9
5	8	6	4	9	1	7	3	2
7	6	5	1	3	9	2	8	4
3	4	2	8	6	7	9	1	5
8	9	1	2	4	5	3	7	6
4	1	7	3	5	2	6	9	8
6	3	8	9	1	4	5	2	7
2	5	9	7	8	6	1	4	3

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spicy Rice with Chickpeas

INGREDIENTS:
1 tbsp (15 ml) canola oil
1 onion, sliced
1/4 cup (50 ml) medium curry paste
1 cup (250 ml) basmati rice, rinsed
2 cups (500 ml) water
1 sweet potato, peeled and chopped into small chunks
4 tomatoes, chopped
1/4 cup (50 ml) sultana raisins
14-oz (398-ml) can chickpeas, drained and rinsed
1/4 cup (50 ml) chopped fresh coriander
1/3 cup (75 ml) unsalted cashews, roughly chopped

METHOD:
1. Heat oil in large pot and fry onion over medium heat 8 minutes, stirring until pale golden. Add curry paste and stir-fry about 1 minute.
2. Stir in rice, then add water, sweet potato, tomatoes and raisins. Bring to boil, then reduce heat to simmer. Cover pan and leave on low heat 20–25 minutes, stirring occasionally, until rice is just tender and water has been absorbed. Add more water if the mixture becomes too dry before the rice is cooked.
3. Stir in chickpeas and gently heat through. Stir in coriander, season to taste and scatter with cashews before serving.

SERVES 4

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For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Being subtle will get you more information. Something will cause you to feel breathless. A miserable man is strange but he will be effective.

TAURUS ♉
APRIL 21-MAY 21
A friend is in a difficult situation due to fascination. Concerns about leadership will dominate. You will experience a failure to communicate.

GEMINI ♊
MAY 22-JUNE 21
You're forced to discuss a tough issue. The changes due to an unusual event will please you. You'll be delighted when you achieve recognition.

CANCER ♋
JUNE 22-JULY 22
You want to be spontaneous but a latecomer gets in the way. You must shake off any masochistic moodiness. Parental interference causes a quarrel.

LEO ♌
JULY 23-AUG 23
You're in the mood to clown around. Beware of a vexed person in a secret meeting. You'll surprise yourself during a presentation.

VIRGO ♍
AUG 24-SEPT 22
You'll have a meaningful encounter with a friend. Your loved ones will finally get back to normal. A brash young man really wants your approval.

LIBRA ♎
SEPT 23-OCT 23
There's a problem with a romantic encounter. You'll see that nothing can be done in a battle of wills. A religious remark will cause trouble.

SCORPIO ♏
OCT 24-NOV 22
Everyone wants you to do the dirty work. A little man will cause delays in reaching your goals. You know more than you think.

SAGITTARIUS ♐
NOV 23-DEC 21
A whimsical friend overwhelms your senses. A sympathetic response will release you from a burden. A happy moment will be cherished.

CAPRICORN ♑
DEC 22-JAN 20
There'll be intriguing phone calls made today. A private weakness will be revealed by a guilty person. Pay attention to someone who has a grievance.

AQUARIUS ♒
JAN 21-FEB 18
A shrewd guy leaves you to pick up the pieces. Continue a discussion to clear up confusion. A wounded friend wants to re-establish a connection.

PISCES ♓
FEB 19-MARCH 20
A confrontation has to be acknowledged. Don't bother questioning the cause of a predicament. Someone's cheerfulness is an intimidation tactic.

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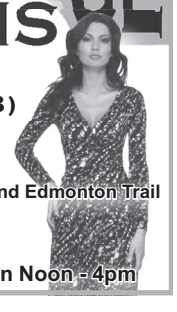

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